

## Required Materials/Certificates:

These additional requirements are NOT included in the tuition price, therefore you must plan to pay for these additional requirements out of pocket.

- **Adult CPR/first aid certification** (American Heart Association preferred). You will also not be permitted to participate in any student instruction until you provide proof of this.
- **Reading/Study Materials:** \* many of these books can be found MUCH cheaper on amazon.com
  - o Pilates' Return to Life Through Contrology by Joseph H. Pilates and William John Miller
  - o The Pilates Method of Body Conditioning by Sean P. Gallagher & Romana Kryzanowska
  - o Pilates Method of Physical and Mental Conditioning Philip Friedman & Gail Eisen
  - o Anatomy of Movement 29.95 Balandine Calais-Germain
- You must also find a subject to use as your "Pilates model". You will work with this person for the bulk of your practice teaching hours, and this person will accompany you for your practical exam during each level. It is beneficial to use the same person as you progress through each level in order to show the progression of your teaching skills and strength development in your model. However, you are not limited to working with just one model, and in fact working with different bodies will broaden your teaching skills.

Your *observation hours* (part of the self study/observation hours) can be done whenever there are instructors working at the studio. You will be given a user name and password to use when signing in to the scheduling program so that you can see who is teaching and when there are times open to practice